9864 East Grand River (by Secretary of State office) Brighton, MI 48116 Phone: (810) 227-3488 Fax: (810) 229-3134



State of Michigan Employees only (valid employee ID required)



1/2 off enrollment fee

with a 12-month membership sign-up

good until 3/31/2007

Come to Contours Express, and we will help you reach your goals quickly and easily. Focus on your health as you perform cardiovascular exercises, and weight training. Learn how to breathe. Gain flexibility and balance.

Burn up to 600 calories in 29 minutes of FAST and FUN circuit training with doctor-recommended weight-based equipment

Owner & Manager: Bernadine Edwards MSA, MS, BSN, RN

www.contoursexpress.com